

TELEHEALTH TIP SHEET

For Clients

Find or Make a Private Space

This is really important and also sometimes challenging. Where can you get behind closed doors by yourself? Bedroom, back room, bathroom? Sit in your car or go outside?

Minimize Distractions

Treat your session like you would if you went to your therapist's office. Don't do dishes, clean out your junk drawer or check email. Close out other apps on your computer or phone.

Use Sound Screens

Play white noise or music, or turn on a fan. The noise will give you more privacy if it is outside the room you are in. There are many phone apps for white noise.

Set Boundaries at Home

Tell other adults and kids you have an important meeting and create a plan so they don't disturb you. Try to have someone else in charge of the kids or be creative about activities they can do.

Talk About Options

Different options may be available depending on your therapy situation and what your therapist can offer. Ask about your options, such as video, phone or even journal communication. What about walking while you talk? If appropriate, this might be possible by phone or even video. Discuss session length, devices & apps. Be creative!

Share What Is & Is Not working

If you're new to teletherapy, make sure to tell your therapist about your experience, what's working and what feels awkward or uncomfortable so you can problem-solve.

Know Your Back Up Plan

It is not uncommon to have technical difficulties with teletherapy. Ask your therapist what the plan is for communication - will they call you, email you, should you get in touch with them?

Expect New & Different Questions

Your therapist won't have the benefit of getting a full in person sense of you so they might ask you to share more about your emotions or your body state.

Have Pen & Paper or Art Supplies

You might find it helpful to take notes, draw or doodle during your session. There might be other helpful resources. Perhaps a cup of tea, a pillow or blanket or workbook used in therapy.

